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Your essential daily news | TUESDAY, JANUARY 5, 2016

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SWEET DREAMS

Long-awaited hotel in the works for Sackville
metroNEWS

Michelle Champniss of the Sackville Business Association overlooks the former Downsview Mall site on Monday. JEFF HARPER/METRO

Hope for housing

REAL ESTATE

Halifax realtor predicts 'a better year'



Haley Ryan
 Metro | Halifax

While the Halifax real-estate market likely won't have a "banner" year in 2016, it's not all doom and gloom according to one realtor.

Although the market is still below 2013 numbers, the president of the Nova Scotia Association of Realtors said Halifax saw an eight-per-cent jump in housing starts in 2015 over the year before.

"This coming year is going to be a better year," Gordon Burns said. "Not going to say it's going to be a banner year, but if we can build on the reasonable success of 2015, we should be fine."

According to Canada Mortgage

and Housing Corporation (CMHC) numbers as of this November, there were 2,546 starts in Halifax compared to 1,614 in 2014.

Burns said it's a buyer's market in Halifax with a surplus of property to choose from, but sellers can look forward to a "slight" trend downward in the length of time it takes to sell, as well as increased prices, indicated by a five-per-cent jump in 2015.

Although there was a decrease in military families moving here in 2015, Burns said they're hoping for an increase this year along with those coming for the shipbuilding contract as vital first-time buyers.

"Without them things tend to slow down," Burns said.

Sherry Donovan, CEO of the Nova Scotia Home Builders' Association, said a rough spring meant a late start to the building season, but 2016 seems brighter.

"Low oil prices might ... encourage those who were away to come home," she said.



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A SENSE OF PLACE

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Dartmouth man accused in friend's death granted bail

DRUG OVERDOSE

Jesse Gaetz will be back in court to make plea on Feb. 8



Zane Woodford
Metro | Halifax

A 23-year-old Dartmouth man accused of causing the death of a friend from an apparent overdose was released on bail Monday after a short court appearance.

Jesse Raymond Gaetz appeared in Dartmouth provincial court Monday, charged with criminal negligence causing death after his friend, 24-year-old Jesse Smith, died in hospital over the weekend from a drug overdose early New Year's Day.

Gaetz will be back in court to make a plea on Feb. 8.

Friends and family of both the accused and the victim sat in close quarters in the



Jesse Raymond Gaetz, right, gets released from Dartmouth provincial court on Monday afternoon into his parent's custody following his appearance before a judge. JEFF HARPER/METRO

courtroom — some side-by-side in four rows of the gallery. Afterwards, the parents of the accused and the victim spoke to each other briefly.

Gaetz was released on a \$2,000 surety with conditions including that he live with his father in Black Point, or at Crosbie House — an addiction treatment centre in New Minas — and that he not have any contact with two Crown witnesses in the case.

"He's doing as best as he can under these difficult circumstances," Gaetz lawyer,

Ron Pizzo said of his client outside the courtroom.

"It is what it is and I guess we just have to deal with it."

Police said on Saturday that Smith had died in hospital over the weekend, and announced the charge against Gaetz.

They said they were called to a home on Horizon Court in Dartmouth where a man was having medical issues "stemming from a drug overdose" at about 1:20 a.m. on Jan. 1.

Police would not release the name of the drugs involved.



Jesse Smith died in hospital over the weekend from an apparent drug overdose. GOFUNDME

LOWER SACKVILLE

Assault suspects at large

Police are looking for two suspects after a man was assaulted by a pair of people wielding a knife and axe in Lower Sackville.

At around 3:45 a.m. Monday, Halifax RCMP officers responded to a report of a stabbing outside an apartment on Riverside Drive.

Police said as a man walked towards the apartment building, he was approached by two other men who demanded he turn over his wallet.

When he refused, police said he was stabbed by one man who had a knife, then cut by the other man using an axe.

"He was hit by the axe which caused him to be cut," said RCMP spokesman Const. Mark Skinner.

The victim fled from the attackers and called police. He was taken to hospital with serious injuries.

Skinner said he didn't know specifically where the victim was stabbed. He also couldn't say if the attack was random.

The suspects ran away into a wooded area, and although police dogs tracked them to the Lois Drive and Old Beaverbank Road area, they were not found.

"It's possible the suspects may have been picked up in a passing vehicle," Skinner said.

PHILIP CROUCHER, WITH FILES FROM HALEY RYAN

+ DONATIONS

A GoFundMe page titled "In Loving Memory of Jesse Smith" was set up on Saturday with a goal of raising \$5,000. That goal was surpassed in less than 24 hours, with friends and family posting condolences as donations continued to pour in.

+ DESCRIPTION

The suspects are described as white men who were wearing dark clothing with their faces covered.

NEW GLASGOW

Alleged killer sent for psychological screening

A 36-year-old New Glasgow man accused of killing Nicole Campbell has been sent for a psychiatric assessment.

Robert Jason MacKenzie was charged Dec. 31 with second degree murder in the death of 33-year-old Campbell who was found in her Temperance Street apartment by police in downtown New Glasgow.

MacKenzie made a brief court appearance Monday in

Pictou during which time the defence lawyer asked that his client be sent for a forensic psychiatric assessment to determine if he is fit to stand trial and to determine if he is not criminally responsible at the time of the alleged offence because of a mental illness.

MacKenzie was arrested on Thursday around 11:30 a.m. in front of a Temperance Street building, where Campbell's body was found

Wednesday after police received a 911 call.

An autopsy was completed in Halifax, but the cause of death is not being released as the investigation continues.

Emotions were high in the Pictou provincial courtroom Monday morning as family and friends of Campbell waited for MacKenzie to be brought in by sheriffs.

Campbell, dressed in a grey track suit, sat quietly on the

bench and listened as the judge read out the charge of second degree murder. Weeping could be heard in the courtroom and when MacKenzie stood to leave the area, a man shouted, "rot in hell you piece of s---."

The judge took a short recess after MacKenzie's appearance, which allowed the crowd to disperse. MacKenzie will return to Pictou provincial court Feb. 4. TC MEDIA



Robert Jason MacKenzie escorted by sheriffs last week. TC MEDIA

Developers offer vacant units

★ SYRIAN REFUGEES IN CANADA ★

Apartments available free to families for one year



Yvette d'Entremont
Metro | Halifax

Several Halifax area developers have made 16 vacant apartment units available to Syrian refugees who may come to the region as part of Canada's response to the refugee crisis.

Halifax Citadel-Sable Island MLA Labi Kousoulis announced the news on Monday in the company of representatives from the seven local development groups that are part of the initiative.

The 16 vacant units will be made available free to refugees for one year and are located around Bedford, Clayton Park, Spryfield and south-end Halifax. The combined annual rental value of the apartments is \$200,000.

"I fled Lebanon during the war and I came here obviously with almost nothing," developer Wadih Fares said during a press conference.

Fares said he was pleased to be among the developers who joined the initiative and reflected on his own experience coming to the province as a refugee.

"I didn't even speak the language and because of the support I received from my



MLA Labi Kousoulis, left, and Wadih Fares address a press conference at the Lord Nelson Hotel on Monday. JEFF HARPER/METRO

community and the broader communities I managed to learn the language, go to school and do what I do," he said. "I feel every newcomer having

this opportunity will become as good as those of us here."

Most of the donated apartments are two- and three-bedroom units, and all are unfurnished. Kousoulis said utilities will be covered either by the Immigrant Services Association of Nova Scotia (ISANS), the department of immigration or the refugee families themselves.

Kousoulis also said the number of donated apartments could grow beyond the 16 announced Monday.

A number of developers who didn't currently have empty units indicated their willingness to help if and when they had vacancies. In addition, Kousoulis said 25 subsidized units were already donated to ISANS. That organization will also oversee filling those apartments.

"I'm not privy to any information as to how many more (refugees) we are expecting," Kousoulis said when asked if the Halifax region needed this many apartments when it has

+ DROP-OFF CENTRE

Closing early

The Refugee Donations Drop-Off Centre in Halifax is open for donations for the last time on Tuesday from 4 p.m. to 8 p.m. Initially set to take dona-

tions to the end of January, the outpouring of support has forced an early closure. The centre is located in Bayers Lake in the former RONA store, 350 Horse-shoe Lake Dr.

yet to see very many Syrian refugees.

"I know that the numbers I have seen in the media and

I have heard through government is that it is going to be a lot more continuous than what we have had so far."

"I didn't even speak the language and because of the support I received from my community and the broader communities I managed to learn the language, go to school and do what I do."

Wadih Fares

MARITIME FORCES ATLANTIC

HMCS Fredericton departing Halifax on six-month mission

Family and friends will be waving goodbye to those aboard the HMCS Fredericton on Tuesday as the ship departs for the Mediterranean Sea.

There will be a departure ceremony at the Halifax dockyard's NB jetty at 1 p.m. Tuesday for the ship, according to a release from the Maritime Forces Atlantic.

The Fredericton is deploying

to the Mediterranean on Operation Reassurance to support NATO measures and "promote security and stability in central and eastern Europe" through training, exercises, demonstrations and other NATO tasks.

This is not the first time the Fredericton has deployed for this operation, as the ship was also in the Mediterranean from January 2015 until it was

replaced in July by the HMCS Winnipeg.

Since April 2014 NATO forces have been conducting military measures in the Mediterranean area to demonstrate the "strength of allied solidarity in response to Russian aggression and provocation against Ukraine," according to the Canadian Armed Forces website. METRO



HMCS Fredericton deploys Tuesday to support NATO measures in the Mediterranean. METRO FILE

Sackville likely to get its home away from home

HOSPITALITY

Councillor welcomes plan for community without hotel



Yvette d'Entremont
Metro | Halifax

This could be the year Sackville gets its long-awaited hotel.

Last fall, Crombie Developments Limited applied for an amendment to the Sackville Drive Land Use Bylaw.

This would add a hotel/motel/guest home and drive-thru restaurants to the list of permitted commercial uses for the property, which hosted the recently demolished Staples building and the former Dollarama plaza.

Sackville Coun. Steve Craig fully supports the application and expects it to go to North West Community Council for approval within the next few months.

"I am very excited. It would be nice to see something happen this year, and the groundwork is being done, so to speak," Craig said. "Ever since I

+ APPLICATION

The Crombie application includes site plans that show the proposed hotel would be located in the area around the former Dollarama plaza. A public hearing will be held prior to any North West Community Council decision.



The site where a new development that would include Sackville's first hotel in years would be located. JEFF HARPER/METRO

was elected, people have been looking for and talking about a hotel there."

The community has had no hotel or motel since the closure of the Downsview Motel in 2011.

"We have rinks here, we have weddings, we have business travellers, baseball, soccer, sports that attract people year round, and there is no place to stay in the area," Craig said. "Plus we have great access to the valley, the south shore, Bedford, to the airport."

Sackville Business Association's executive director



There has been a lot of interest in this opportunity. We feel confident it's only a matter of time.

Michelle Champniss, Sackville Business Association

Michelle Champniss said demand for a hotel in the community was so overwhelming her organization commissioned a hotel feasibility study in 2011, the same year Downsview Motel was torn down.

"That study did confirm that it would be feasible for Sackville to have a hotel with

up to 100 rooms, which is a great size," Champniss said. "It did also say in the study that it was important it be a branded hotel."

The study also suggested the location be easily accessible, visible from the highway and close to restaurants and amenities.

"You can imagine we were

ecstatic when we saw Crombie had applied for the amendment change in the area at the corner of Sackville Drive and Beaver Bank Road because it is perfect," Champniss said.

With the recent demolition of the former Staples building site, speculation about a hotel has the community talking.

"We are certainly hoping that it passes and we feel confident that it will," Champniss said. "Councillors have been very supportive of a hotel and see the demand just like the rest of the community."

EMPLOYMENT Ladies learn to love lobster

Emily Swim is one of a growing number of women in Shelburne County who head out to sea in a lobster boat to work.

As a child and later as a teenager, she saw her dad head off each day but never believed it would one day be her waking up in the wee hours of the morning to fish.

This is now her fourth year fishing with her father and brother. While the work can be laborious, the days long and the weather vicious, she brings back to the wharf a collection of happy memories and discoveries.

"It was tough at first," said Swim. "But now I love it. I can't imagine it any other way."

Swim came home from university with a hefty debt load that was impossible to reduce in a retail job.

She was unable to find a job in her vocation as a forestry wildlife technician, and her dad suggested she start lobstering.

It was not a job she imagined she would do.

"It was a big opportunity," she said. "Funny when you think of jobs and know how lucky you are to have a father in the industry to hire you."

She set out with her dad and brother, who showed her the — sometimes literal — ropes and the ins and outs of the business.

"They took care of me until I knew what I was doing," said Swim.

Each person brings their own expertise to the table beyond the day-to-day job.

Her brother Carson tackles the mechanics when things go wrong, her dad Paul brings his leadership and lifetime of lobstering experience and Swim keeps the paperwork and finances in order.

"It's a team effort; it's a family thing," said Swim.

TC MEDIA



Emily Swim is one of few Nova Scotia women who have adopted lobstering. TC MEDIA

CAPE BRETON

Ecologists give coal shoulder to energy plan

As many governments consider ways to wean industry off coal, Cape Breton is hoping the resurrection of its only underground coal mine could bring hundreds of jobs back to the cash-strapped region.

Kameron Collieries, the company planning to re-open the Donkin mine northeast of Sydney, will hold a job fair Tuesday in Grande Cache, Alta., hoping to hire former Cape Bretoners left jobless after a coal mine there recently closed.

More than 200 people lost their jobs when Grande Cache Coal halted underground mining



It doesn't, in my mind, make for very good long-term planning for a province like Nova Scotia to think about opening a coal mine.

Catherine Abreu, Ecology Action Centre

production on Christmas Eve, citing the deteriorating global market for coal.

Kevin Saccary, a regional councillor in Cape Breton, said Donkin is big enough to provide much-needed jobs but small enough that it "certainly isn't going to have a so-called devastating effect

on our world environment."

"We're a pretty small dot on a great big map when it comes to that particular operation," Saccary said.

Saccary said he believes there will be demand for coal from the Donkin mine well into the future, even as Canada and major users of the fossil fuel clamp

down on greenhouse-gas emissions.

China, the largest producer and consumer of coal in the world, recently announced it would not approve any new coal mines for the next three years as part of ongoing efforts to battle pollution.

Ontario made headlines in 2014 when it became one of the first jurisdictions in North America to eliminate coal power.

Two of Canada's biggest coal users — Nova Scotia and Alberta — also have plans to gradually phase out their coal-fired power plants, though not for a number

of years. Alberta wants to put an end to coal power by 2030, while Nova Scotia says coal will likely play a role in the province's electricity system until at least 2042.

It all points to a dying industry, said Catherine Abreu, energy co-ordinator for the Ecology Action Centre in Halifax.

"As the demand declines and the availability remains the same, the economics behind coal will continue to become worse — and they're already pretty bad," said Abreu, adding that 26 coal mining companies declared bankruptcy in the U.S. in recent years. THE CANADIAN PRESS

Indecent acts may be linked

INVESTIGATION

Two incidents within an hour in Dartmouth



Philip Croucher
Metro | Halifax

Police are investigating two indecent acts within an hour of each other in Dartmouth, where someone dropped his pants and exposed himself to women.

The first incident happened just after 5 p.m. Sunday in

the 0-to-100 block of Wentworth Street.

Police say a woman was getting groceries out of her car when a man slowly walked by her and exposed himself.

"After doing so, the man stopped and turned around about 10 metres away, and then started to walk back towards the victim, when she walked away and called police," a release stated.

The man is described as white, between the ages of 25 and 30, bald, five-foot-10, 170 pounds and clean-shaven.

He was wearing a black trench coat, black sweat pants and a black tuque and was

carrying a red knapsack with beige straps.

About 40 minutes later, police say, two women left a restaurant on nearby Alderney Drive and were followed by a man, who eventually exposed himself to them as they returned to their car.

The man in this case was also white and was described as wearing a blue jacket, dark pants and a red stocking cap.

Police were investigating whether the incidents are connected. Anyone with information is asked to contact Halifax Regional Police at 902-490-5016 or Crime Stoppers.

MEDIA

Judge to decide on ban

A decision is expected this week in a challenge by the Cape Breton Post to a publication ban sought by the defence in a murder trial scheduled for later this month.

Thomas Ted Barrett, 40, of Glace Bay, is to stand trial Jan. 18 in Supreme Court before a judge and jury. He is charged with second-degree murder in relation to the 2006 death of Brett Elizabeth McKinnon, 21, of Glace Bay.

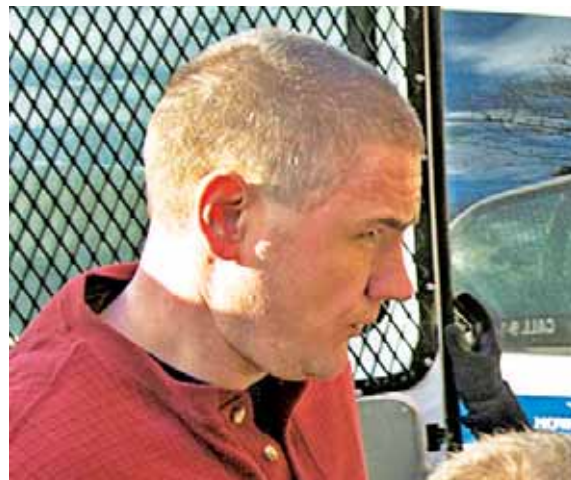
McKinnon was first reported missing in 2006, and her skeletal remains were found Nov. 21, 2008 by two hunters.

He is also scheduled to stand trial in Supreme Court on another charge of second-degree murder beginning in September. Barrett and co-accused Morgan James MacNeil, 24, also of Glace Bay, are charged jointly with second-degree murder in relation to the May 2012 death of 21-year-old Laura Catherine Jessome of Bras d'Or, whose body was found stuffed in a hockey bag along the shore of the Mira River.

Barrett's defence lawyer Brian Bailey filed the application for a publication ban on all evidence presented at the first trial.

He argued Monday in Supreme Court that daily coverage of the trial could possibly influence potential jurors in the second trial.

In the majority of criminal



Thomas Ted Barrett is charged with the second-degree murder of Brett Elizabeth McKinnon. He stands trial Jan. 18.
METRO FILE

cases, publication bans come at the discretion of the presiding judge, and in Nova Scotia, notice is required to media of such bans being sought.

The Post was joined Monday in its opposition to the ban by the Canadian Broadcasting Corporation. Both media outlets were represented by lawyer David Coles.

Bailey argued that the administration of justice would be at risk by allowing the publication of details from the first trial.

He said because of today's

instantaneous reporting via social-media sites, potential jurors from across the province would be provided with access to all the evidence presented at the trial.

"If something is not done at this stage, there will be a consequence on the other end," said Bailey.

"It does mean there is a serious risk to my client not getting fair trial," said Bailey, adding a publication ban is only the remedy available to the defence.

In his submission, Coles said the issue only becomes a problem if a juror is unable to prevent himself or herself from forming an opinion based on what they may have read or heard about the trial.



NEW GLASGOW EARLY MORNING HOUSE FIRE Nine people were able to escape from two adjacent duplexes in New Glasgow after a fire broke out in one of the homes Monday morning. The Trenton Fire Department and New Glasgow Regional Police were called to the blaze on Park Street around 4:30 a.m. Police say five people in the home where the fire started escaped safely, as did another four in the adjacent part of the duplex. COURTESY NEW GLASGOW POLICE

CRIME

Murder charges dropped

Charges of attempted murder have been withdrawn against a Nova Scotia man who pleaded guilty Monday to five other charges.

Francis Augustine Morrison, 68, pleaded guilty to assault with a weapon, uttering a threat, unauthorized posses-

sion of a firearm, pointing a firearm and careless use of a firearm.

The offences occurred in November 2014 in South Harbour, Victoria County.

Morrison was facing 14 criminal counts, including the two counts of attempted

murder.

During a provincial court appearance Monday, some of the charges were withdrawn and Morrison entered guilty pleas to others.

Sentencing is scheduled for April 12.

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“It does mean there is a serious risk to my client not getting fair trial. Defence lawyer Brian Bailey

TC MEDIA

Superbug gene found in Canada

HEALTH

Scientists sound alarm on antibiotic resistance

An alarming new superbug gene that makes bacteria resistant to a last-resort antibiotic has been detected in Canada, Torstar News Service has learned.

The gene, called MCR-1, produces an enzyme that makes bacteria invincible to colistin, a highly toxic antibiotic used only when all other drugs have failed.

MCR-1 was first reported in November by scientists in China, who published a paper in *The Lancet* that set off alarm bells across the globe. Analyzing bacterial samples in southeastern China, researchers found 260 samples of *E. coli* with the MCR-1 gene on meat, hospital patients and farm animals — the likely source of this new superbug, the paper suggests.

But the news that really sent a shudder through the scientific community was that MCR-1 is located on a plasmid — a free-floating snippet of DNA that bacteria can easily share, thus spreading the resistance to other organisms.

"It's clearly the biggest story to come out (in 2015)," said Lance Price, a professor of environmental health at George Washington University, who studies antibiotic resistance. "There have been horrible things all year but this is the most disturbing."

So far, there have been no reports of deaths caused by MCR-1 and some people could



A worker at a poultry farm in Hefei, China, on Nov. 20, 2015. Researchers in China have found *E. coli* with MCR-1, which produces an enzyme that makes bacteria invincible to a last-resort antibiotic, on meat, hospital patients and farm animals. AFP/GETTY IMAGES

be harbouring the superbug asymptotically. But the nightmare scenario is that MCR-1 will spread to more virulent bacterial strains that also carry other resistance genes — thus creating a "pan-resistant" superbug capable of defeating every antibiotic in the medicine cabinet.

Since the *Lancet* paper, at least a dozen other countries have also found the MCR-1 gene. Scientists, looking through databases of bacterial samples, detected the gene everywhere

from Denmark and Algeria to Laos.

Among them is Canada, where an investigation was triggered in December by the Public Health Agency of Canada. The Canadian findings have not yet been published but a case report has been submitted to the *Lancet*, according to Dr. Michael Mulvey, chief of antimicrobial resistance with the PHAC's lab in Winnipeg.

The superbug gene was found in three different samples of *E.*

coli, all previously collected for special research projects: one from a 62-year-old patient in Ottawa and two from ground beef sold in Ontario.

The Ottawa patient likely picked up the bug in Egypt, where she lived for several years, according to Dr. Baldwin Toye with the Ottawa hospital, who co-wrote a 2013 paper describing her case and four others.

Meanwhile, the ground beef samples were found nearly a year apart in different locations

in Ontario, a butcher shop and a grocery chain, according to Mulvey. Both were collected in 2010 — predating the samples from China, which were collected between 2011 and 2014.

"To see it show up was a surprise for me," Mulvey said. "It supports that there's global dissemination of this gene already.... We're now going to have to look back even prior to (2010), because maybe it's been around for even longer."

TORSTAR NEWS SERVICE

How bacteria fights back

Antibiotics like colistin are some of the most powerful weapons available to fight dangerous bacterial infections. Here are some ways bacteria like *E. coli* are evolving to defeat them.

1 Overuse

In China, livestock are given colistin in their feed; the antibiotic wards off infections and promotes animal growth. In humans, however, colistin is a last-resort treatment for bacteria like *E. coli*.

2 Evolution

When exposed to high amounts of colistin, the evolutionary process of natural selection kicks in. Weaker strains are killed off while bugs that can overpower colistin — due to genes like MCR-1, for example — survive.

3 Survival

Among the surviving bacteria are superbugs with the MCR-1 gene. The gene is located on a plasmid, a free-floating circle of DNA, and codes for an enzyme that makes it effectively invincible to colistin.

4 Reproduction

E. coli reproduces by copying its genetic code and dividing in two, producing a daughter cell which inherits the MCR-1 gene.

6 The spread

Bacteria like *E. coli* live everywhere, including in our guts. Strains that harbour the MCR-1 gene will easily spread across the globe through travel and international trade of meat.



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SECURITY

Public safety minister to look into case of boy on no-fly list

The federal public safety minister says he'll investigate the case of a six-year-old Ontario boy whose name appears to be on a travel security risk list.

Ralph Goodale's involvement in the matter comes after the boy's father tweeted a photo from Toronto's Pearson International Airport last week that appears to show his son's name, Syed Adam Ahmed, with a "DHP" or "deemed high profile" label and instructions on how to proceed before allowing the boy to check in.

The father wrote: "Why is our (Canadian born) 6 year old on DHP no fly list? He must clear security each time. He is 6."

His question was directed at Air Canada, the airline father



Syed Adam Ahmed, 6, with his father. TORSTAR NEWS SERVICE

and son were flying on Dec. 31 for their trip to the NHL Winter Classic in Boston.

The boy's mother, Khadija Cajee, said the family has had to deal with the issue in the past.

She says they've never been able to check their son in for flights online, and he needs special clearance every time

they go to the airport.

Cajee doesn't know why her son is on the list, but she assumes he shares a name with someone who actually earned a place on it.

Goodale said he's reviewing the case, and will update the family when he has all the details. THE CANADIAN PRESS

CALIFORNIA

Injection on hold for death-row inmates

With executions on hold in California and a death penalty appeals process that can take years, many inmates on America's largest death row say they spend little time worrying about the lethal injection that may one day kill them.

"It's almost like it's not even a real punishment for a lot of people," said Charles Crawford at San Quentin State Prison, where the vast majority of the state's nearly 750 condemned inmates are held.

Crawford, who has been at San Quentin since 2002 for killing two people, spoke during a rare tour by prison officials of death row and the death chamber, with its sea green gurney where executions by lethal injection would take place if they resumed.

The tour on Tuesday came as the state considers a one-drug

execution protocol to replace a three-drug method that a federal judge invalidated in 2006 as a potentially cruel and unusual punishment.

Voters in 2016 may also get a chance to weigh in on competing death penalty measures — one would scrap capital punishment, and the other would speed up executions by providing inmates with more appellate lawyers and faster appeals.

Since 1978, California has executed 13 people. More than 90 other inmates have died of natural causes or suicide, according to prison officials.

The best behaved inmates at San Quentin are in the North Segregation unit, where they get to spend more time out of their cells than other condemned inmates, Robinson said.

THE ASSOCIATED PRESS

POLITICS

Trump doubles down on Muslim ban in ad

Republican presidential hopeful Donald Trump is giving some of the most divisive proposals of his campaign a starring role in his first major television ad, as the unsettled race for the party's nomination swirls around security concerns.

With the opening 2016 primary contest four weeks away, the billionaire businessman is spotlighting his plan to ban Muslims from entering the United States — temporarily and with exceptions, he says — and to

build a wall along the southern border. Trump's campaign says he plans to spend \$2 million a week on the ad, set to begin airing Tuesday.

Trump's proposal on Muslims has been condemned by Republicans and Democrats as un-American and counterproductive, yet the headline approach to immigration has fueled his popularity among the overwhelmingly white Republican primary electorate.

THE ASSOCIATED PRESS



BORDER PATROL DANISH CHECKPOINT

Danish police officers patrol the German-Danish border crossing Padborg near Flensburg, northern Germany, Monday. Denmark and Sweden have both tightened their borders to stem the flow of migrants from Germany. Germany says Europe's system of passport-free travel across borders is in danger following the move. Refugee rights advocates warned of a domino effect, with European countries tightening their borders one by one and cutting off the main migrant routes through Europe. NORDE/POLFO VIA THE ASSOCIATED PRESS

Hebdo alive and well

ANNIVERSARY OF ATTACK

Religion and government barbed by wit

In a special edition laced with blasphemy, obscenity and profanity, Charlie Hebdo's surviving artists and writers declared that the satirical newspaper is alive, but "the murderer is still at large."

The 32-page copy marking the anniversary of the Jan. 7 attack on the paper's staff accuses

Islamic fundamentalists, organized religion, an irresolute government and intelligence failures for the 2015 violence in France by Muslim extremists that started with that day.

Seventeen people died at Charlie Hebdo and at a kosher supermarket two days later.

Almost all of those believed directly responsible for the Jan. 7-9 attacks and the Nov. 13 carnage in Paris that killed 130 people are dead as well. But Charlie Hebdo's special edition this week, with a front-page caricature of a bloody God wielding

an assault rifle, darkly predicts violence to come.

The edition details the moments of horror in Paris' 11th arrondissement in the first staff meeting of 2015. In a series of editorials later, Charlie Hebdo takes aim at university students who wear veils or openly pray in classrooms, hospital patients who refuse medical treatment from someone of the opposite sex, and France's intelligence community. Mixed in were blasphemous caricatures targeting a range of beliefs.

THE ASSOCIATED PRESS



Special edition depicts a bloody God: "The murderer is still at large." TWITTER.COM

BLACK LIVES MATTER

Chicago police reforms on way

A watchdog agency that investigates Chicago police officers said Monday it will implement reforms in the wake of protests over several fatal shootings of African-Americans.

The head of the Independent Police Review Authority planned to detail those reforms later in the day. They include hiring of new staff and creating a community outreach position, according to a statement.

Also Monday, a federal judge blasted the city's law department that defends accused police as he ordered a new trial in a civil case focused on a fatal police shooting, concluding a city lawyer sought to conceal evidence. In his ruling, U.S. District Judge Edmond Chang added that the lawyer's actions were exacerbated by shoddy recording keeping by the department.

Scrutiny of IPRA intensified after the Nov. 24 release of video showing a white officer shooting black teenager Laquan McDonald 16 times as he walked away from police. McDonald was carrying a folded three-inch knife.

The video led to protests, some directed at IPRA, which was created in 2007 ostensibly to give it the independence it needed to hold officers accountable. But in practice, it rarely ruled against officers.

Mayor Rahm Emanuel appointed former federal prosecutor Sharon Fairley to head IPRA last month after her predecessor resigned amid growing protests over the McDonald shooting.

Critics argue IPRA has too many vested interests and is beyond salvaging, saying it should be scrapped altogether

and replaced with a new body run by civilians with no links to city power structures.

Suspicion about police reform runs deep in Chicago, where the perception is that past much-ballyhooed police reforms changed little.

Chang's ruling Monday throws out an April jury decision that two officers were justified in killing Darius Pinex during a 2011 traffic stop.

The officers had said they stopped Pinex because his car matched a description they heard on their police radio of a car suspected of involvement in an earlier shooting. But records emerged after the trial began that officers weren't listening to the channel broadcasting the radio traffic about the suspect's car. The judge said a city lawyer "intentionally concealed" that evidence. THE ASSOCIATED PRESS

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Cecil the Lion WILDLIFE
CONSERVATION RESEARCH UNIT/
THE ASSOCIATED PRESS FILE

TROPHY HUNTING

Lion-hunting raffle nixed

A safari company has cancelled a controversial raffle that offered hunters the chance to kill a lion at a conservation area in Zimbabwe.

Martin Nel Safaris had been selling 100 tickets at \$1,500 each for the chance to win an 18-day safari in the Bubye Valley Conservancy.

The winner would have been chosen during a draw in Las Vegas on Feb. 5. He or she could choose between killing a lion or taking photos as a male lion was collared for research.

"The whole idea of it was to actually raise money for conservation," said Martin Nel, who said he decided to cancel the raffle on Sunday. "Through irresponsible reporting, it's been blown out of proportion. That is why it's been removed."

The raffle drew criticism after media reports linked it to the Wildlife Conservation Research Unit, which had collared and studied Cecil, the lion whose death at the hands of an American dentist sparked a global outcry.

TORSTAR NEWS SERVICE

Ranchers report to jail, protesters stay on land

OREGON

Occupation continues against U.S. government

Father-and-son ranchers convicted of setting fire to federal grazing land reported to prison Monday as the armed anti-government activists who have taken up their cause maintained the occupation of a remote Oregon wildlife

preserve.

Federal authorities made no immediate attempt to retake the Malheur National Wildlife Refuge in eastern Oregon, which about two dozen activists seized over the weekend as part of a decades-long fight over public lands in the West.

There appeared to be no urgent reason for federal officials to move in. No one has been hurt. No one is being held hostage. And because the refuge is a bleak and forbidding stretch of wilderness, and it's the middle of winter,

the standoff is causing few if any disruptions.

Meanwhile, the armed group said it wants an inquiry into whether the government is forcing ranchers off their land after the father and son were ordered back to prison for arson on federal grazing lands.

The group calling itself Citizens for Constitutional Freedom demanded a government response within five days related to the ranchers' extended sentences.

Ammon Bundy — one of

the sons of rancher Cliven Bundy, who was involved in a 2014 Nevada standoff with the government over grazing rights — told reporters that Dwight Hammond and his son, Steven Hammond, were treated unfairly.

The Hammonds were convicted of arson three years ago for fires on federal land in 2001 and 2006, one of which was set to cover up deer poaching, according to prosecutors. They said they lit the fires to reduce the growth of invasive plants and protect their prop-

erty from wildfires.

The men served their original sentences — three months for Dwight and one year for Steven. But an appeals court judge ruled the terms fell short of minimum sentences that require them to serve about four more years.

Their sentences have been a rallying cry for the group, whose mostly male members said they want federal lands turned over to local authorities so people can use them free of U.S. oversight.

THE ASSOCIATED PRESS



Members of the group occupying the Malheur National Wildlife Refuge headquarters, left, conduct a tour with the media Monday, near Burns, Ore. The group calls itself Citizens for Constitutional Freedom and has sent a "demand for redress" to local, state and federal officials. The armed anti-government group took over the remote national wildlife refuge in Oregon as part of a decades-long fight over public lands in the West. RICK BOWMER/THE ASSOCIATED PRESS

DIPLOMACY

Saudi Arabia's allies cut ties to Iran

Allies of Saudi Arabia followed the kingdom's lead Monday and scaled back diplomatic ties to Iran after the ransacking of Saudi diplomatic missions in the Islamic Republic, violence sparked by the Saudi execution of prominent Shiite cleric Sheikh Nimr al-Nimr.

Sudan and the tiny island kingdom of Bahrain said they would sever ties with Iran, as Saudi Arabia did late Sunday. Within hours, the United Arab Emirates announced it would downgrade ties to Tehran to the level of the charge d'affaires, while other nations

issued statements criticizing Iran.

The concerted campaign by Sunni-ruled Saudi Arabia highlights the aggressive stance King Salman and his son, Deputy Crown Prince Mohammed bin Salman, have adopted in confronting Iran, a longtime regional rival.

"What we have seen during the last 24 hours is unprecedented... It shows you Saudi Arabia has had enough of Iran and wants to send a message," said Abdulkhaleq Abdullah, a political science professor at Emirates University. "This is

the Saudis saying: 'There is no limit to how far we will go.'"

The standoff began Saturday, when Saudi Arabia executed al-Nimr and 46 others convicted of terror charges, the largest mass execution carried out by the kingdom since 1980.

Al-Nimr was a central figure in the Arab Spring-inspired protests by Saudi Arabia's Shiite minority, who long denied advocating violence. News of his execution has sparked Shiite protests from Bahrain to Pakistan.

THE ASSOCIATED PRESS

UNITED KINGDOM

Cameron calls ISIL video propaganda

British Prime Minister David Cameron on Monday dismissed a new video in which five purported British spies are shot dead by masked Islamic State of Iraq and the Levant extremists as propaganda from a group that is losing control of territory.

"It's desperate stuff from an organization that really does do the most utterly despicable and ghastly acts and people can see that again today," he said.

"But this is an organization that's losing territory, it's losing ground, it's, I think, increasingly

losing anybody's sympathy."

The video concludes with footage of a young boy wearing camouflage who makes a pointing gesture and says, "Go kill the kuffar (non-believer) over there."

British security officials are studying the video for clues about the identity of a masked man who speaks with a British accent before shooting a captive. The masked figure is an apparent replacement for Mohammed Emwazi, the man known as "Jihadi John," who was killed in November. THE ASSOCIATED PRESS



A man holds a poster of Nimr al-Nimr in Baghdad on Monday. AFP/GETTY IMAGES

“I’ve put it off long enough.”

LAS VEGAS

Internet of Things big at gadget show

Computing devices such as smartphones, tablets, cars, television sets, microwaves, bedside alarm clocks, and possibly the thermostat have the potential to get smarter by connecting to their fellows, which could open the door to a brave new “Internet of Things.”

To see where that might be taking us, there’s no better place than the annual gadget extravaganza formerly known as the Consumer Electronics Show — and now simply as CES.

The show, which starts Wednesday in Las Vegas, is the place for companies large and small to show off new connected devices. These range from the seemingly trivial — for instance, smart umbrellas that message you if you leave them behind — to the undeniably helpful, such as navigation devices that display driving directions onto your windshield so you don’t have to take your eyes off the road.

According to the McKinsey Global Institute, a division of the consulting giant McKinsey & Co., the value created by connecting the world’s devices

could hit \$11 trillion US annually by 2025, a sum that represents over half of U.S. economic output in a year.

Most of the value comes from industrial uses — like cleaner air from smarter energy use and fewer factory shut-downs due to smarter maintenance. But trillions in benefits are expected to come from consumer-bought products: safer streets because of better-driving cars, robots that take care of household chores and health and fitness trackers that let us know when our bodies need medical attention.

“There’s a big value in avoiding pain and suffering,” says report co-author Michael Chui.

In recent years, CES has begun catering more heavily to startups. That’s largely a reaction to the fact that many of technology’s biggest names have been no-shows for some time.

Apple has skipped the show since the 1990s, and Microsoft’s then-CEO Steve Ballmer gave the company’s last CES keynote in 2012. Google parent Alphabet and Amazon.com hold their own events to release products.

THE ASSOCIATED PRESS



There’s a big value in avoiding pain and suffering.

Michael Chui



Attendees sit in the self-driving Mercedes-Benz F 015 concept car at last year’s International CES. THE ASSOCIATED PRESS FILE



Grape growers say there’s still time for an icewine harvest in the coming weeks despite the mild winter, but bigger questions about the impact of a changing climate are creeping up on the industry. THE CANADIAN PRESS FILE

Icewine industry feels chill of climate change

AGRICULTURE

Unseasonable temperatures have delayed grape harvest

A late deep freeze this winter may have lifted the spirits of Ontario’s icewine industry, but grape growers say bigger questions about the impact of a changing climate are creeping up on their business.

Canada is one of the few countries where temperatures in wine-growing regions drop to the -8 C required for icewine.

Laura Sabourin, who runs an organic vineyard outside St. Catharines, Ont., and supplies grapes to winemakers, said the unseasonably warm temperatures over the past month have delayed her harvest, but in previous years she has picked as late as the last week of January. “The harvest is going to be down, but that’s not the result of this warm winter,” she said. “It’s the result of two previous cold winters.”

Even though icewine grapes are bred to withstand the cold, temperatures that drop too quickly can kill emerging buds and even the vines themselves — which was the case over

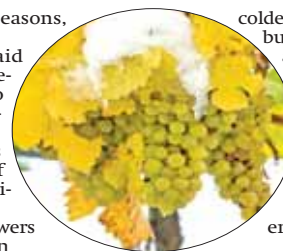
the past two seasons, Sabourin said.

Sabourin said Canadian vineyards have to look at strategies to protect themselves in the face of a changing climate.

She said growers could bring in new varieties of grape that are designed for even tougher winters, adopt new harvesting and preservation techniques from specialized vineyards in

colder climates such as burying the grapes, and diversify into other crops.

Patrick Geddes, president of the Winery & Grower Alliance of Ontario, said wine growers are investing in new technologies, such as wind machines that pull down warm air from higher in the atmosphere, to deal with shifting temperatures. THE CANADIAN PRESS



Icewine is made from grapes left on the vine when the cold hits. ISTOCK

market minute



DOLLAR

71.73¢ (-0.52¢)



TSX
12,927.15 (-82.80)



OIL
\$36.76 US (-28¢)



GOLD
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NATURAL GAS: \$2.334 US (-0.3¢)
DOW JONES: 17,148.94 (-276.09)

UNITED STATES

Gun sales soaring, new data indicates

Gun makers’ stocks are surging in a slumping market, as new data indicates a sales jump after 2015 ended with more mass shootings and growing political pressure to tighten regulation in the United States.

Recently released numbers from the National Instant Criminal Background Check System show that background checks jumped about 38 per cent last month. Wedbush Securities analyst James Hardiman says that indicates a sizeable sales

increase during the year’s final month.

That follows mass shootings in Paris and San Bernardino, Calif., and indications that U.S. President Obama plans to tighten gun laws. Hardiman says these developments all spur sales growth by making people feel less secure about both their safety and gun rights.

Shares of Smith & Wesson Holding Corp. and Sturm, Ruger & Co. are climbing.

THE ASSOCIATED PRESS

2015	SUPREME COURT OF NOVA SCOTIA	Hfx No. 435864
BETWEEN:	CFF Bank, a body corporate - and - Patricia Allison	PLAINTIFF DEFENDANT
NOTICE OF PUBLIC AUCTION		
To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:		
Property: Building, lands and premises known as 13 Aberdeen Court, Dartmouth, Halifax County, Nova Scotia, identified by PID 178962 and referenced at Schedule "A" of the mortgage dated February 1, 2012 and recorded at the Land Registration Office for Halifax County as Document No. 100129387. This property is registered pursuant to the <i>Land Registration Act</i> .		
Together with and subject to easements/rights of way and restrictive covenants.		
A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's office and may be inspected during business hours.		
Date of Sale:	Thursday, January 7, 2016	
Time of Sale:	10:00 a.m. local time.	
Place of Sale:	Halifax Law Courts, 1815 Upper Water Street, Halifax NS B3J 1S7.	
Terms:	Ten per cent (10%) deposit payable to "BOYNECLARKE LLP "in trust"" by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.	
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Nicholas C.G. Mott COX & PALMER 1100-1959 Upper Water Street PO Box 2380 Central Halifax, NS B3J 3E5 Solicitor for the Plaintiff		Joshua J. Santimaw, Barrister BOYNECLARKE LLP

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“I’ve put it off long enough.”

metro VIEWS

Your essential daily news

Monday, January 4, 2016

the big number

437,400

Of interest to those of us who aren't CEOs: This is the approximate number of open jobs there were in Canada at last count (the midpoint of 2015). **The average wage on offer was \$18.80 per hour.** Job seekers could consider a trek up to the Yukon, whose job-vacancy rate, at five per cent, is the nation's greatest. Head to chilly Nunavut for the best wages on offer, where the average vacant position pays a cool \$28 per hour. Most of the jobs available across the country, however, likely pay far less. The most common roles employers were looking to fill in 2015 included retail salespeople, cashiers, food and beverage servers, truck drivers, customer service reps and landscaping and farm labourers. The only professional categories in the top 10 were chefs and “computer and information systems professionals” — so if you’ve been meaning to try your hand at learning code, now may be the time. SOURCE: STATISTICS CANADA

Trudeau's radicalism: Be good, not just better-off

Richard Gwyn



Probably because so many spokespersons from the Queen to the Pope were uttering their thoughts during the just-ended holiday season, one of these of considerable interest to Canadians got almost no attention in the press.

Its author was our new prime minister, Justin Trudeau. What he said was unique to him and to this country. Intriguingly, in the views he expressed it's possible to detect some that match those of his wife, Sophie Grégoire-Trudeau. As a further reach — perhaps one too far — it's possible to detect some that echo the opinions of Pope Francis.

We want our economy to expand ... We also want the kind of Canada we once had.

Consider for instance these sentences by Trudeau and then try to identify an equivalent in any other country.

First: “Governments can't solve every challenge. We need Canadians to do more, too.”

Then some of Trudeau's examples: “We can give in tangible ways — by donating time or money to ... support our more vulnerable neighbours.” And: “We can be more patient and understanding.” And, “I hope that this year we can be gentler with ourselves, and with others.”

Then his summation: “Let's show each other what it really means to be good; to be Canadian. Let's open our hearts and share love with those around us.”

Phew! All of that is most certainly unique. In just about any other country few if any leaders would dare to talk in that way. Entirely sensibly, they would fear being laughed at, and, much worse, heaved out at the next election.

Trudeau, though, dared to say it. He did this because he — and Sophie — believes in it.

It's very likely that few Canadians read or heard of Trudeau's words, most having had

more important seasonal work to do such as keeping their Christmas tree, or its equivalent, more or less straight.

A valid case can be made that Trudeau wasn't elected to preach purity but to run the country more effectively.

For most Canadians these days, the most important issue is that of jobs and salaries.

Former U.S. President Bill Clinton's famous comment, “It's the economy, stupid,” says just about all that needs to be said.

The state of our economy is more troubling than it's been since in 2008 when we actually escaped a global depression in better shape than almost any other country.

Today, though, our economy lags behind. The global commodity boom, during which we thrived, above all in oil, has evaporated. Our dollar hasn't been as weak in years, its most troubling characteristic being that the cheapness of our currency has earned us few increases in our exports.

At such a time, though, our leader is applying himself to telling us how to be good rather than how to be better-off.

What's intriguing about this contradiction is Canadians

share it. Certainly we want our economy to continue to expand in the way it once did. Almost as certainly, a great many of us also want the kind of Canada we once had, or thought we had, to be “back.”

Getting both will be a huge challenge. Throughout the year 2016 it's going to be fascinating watching Trudeau recalibrate his program, which at present encompasses far too many attractive but expensive electoral promises at a time when far too little revenue is coming in to pay for them.

What Trudeau's Christmas statement thus amounted was his declaration that even if he has to step back — quite a way back, indeed — he will still hold to his ideas and dreams.

As time passes, more and more Canadians may come to regard such talk as irrelevant to our economic reality. Some may laugh at such pretensions. Alternatively, many may refuse to give up the Canada that has come back to them.

In our history, it's one of the most radical political choices we have ever had to make.

Richard Gwyn is a Toronto Star columnist.

ROSEMARY WESTWOOD

metroview



CEO salaries are an absurdity matched only by, it seems, intractability

By 12:18 p.m. yesterday, I had accomplished quite a lot.

I woke up, for one, at the respectable time of 7:30 a.m. and rose a reasonable 45 minutes later.

I showered, blitzed a smoothie, walked to work and hit the 10:30 a.m. meeting. By noon, I'd already decided to write this column.

But that is clearly nothing compared to this country's top 100 CEOs. By 12:18 p.m. on Jan. 4, they had already made \$48,636 — otherwise known as the average Canadian's entire salary for the year.

They must have done something to earn it.

Most likely rose well before 6 a.m., thus proving their productivity just by getting up. They probably did a morning workout (it's a regular in the CEO routine) and then found a way to turbo-charge the dragging Canadian economy.

Not quite? Well then. They got up, exercised, and cured our dependency on oil.

Okay, fine. They got up, exercised, and solved child poverty (which afflicts 40 per cent of indigenous children).

Or: They got up, exercised, and helped us all live healthier lives, with less personal debt, greater access to quality food, and better health care.

Wait: Maybe Mark Thierier, CEO of Catamaran Corp., actually did that. His company sells pharmacy benefit and medical record-keeping soft-

ware, so that must be what his \$16.3 million is for.

It's a lot, but he's got nothing on BlackBerry's John Chen, worth \$89.7 million a year.

The figures, crunched by the Canadian Centre for Policy Alternatives, are depressing. You still have a year's worth of work hours left to earn your \$48,000 and change.

It reminds me of The Big Short, which, if you haven't, you should see. The movie is a sad/funny condemnation of the arrogance and impunity that caused the 2008 crisis. It notes that none of the very well paid executives running the banks were prosecuted for the disaster, and, as outlined in the Canadian CEO study, high salaries hardly took a hit when the economy crashed. Sure, some people are going to be richer than others, but the only argument for CEO salaries is that they represent the status quo. It's an absurdity matched only by the seeming intractability of the problem.

Enter the campaign to elect Bernie Sanders. Sanders has many believing that ludicrous power and wealth can be curtailed, and we'll find out this year whether that message is appealing enough to win the Democratic nomination, or even the U.S. presidency.

It'll be November by then, and you'll still face a few hundred hours of work to match what a CEO earned yesterday morning.

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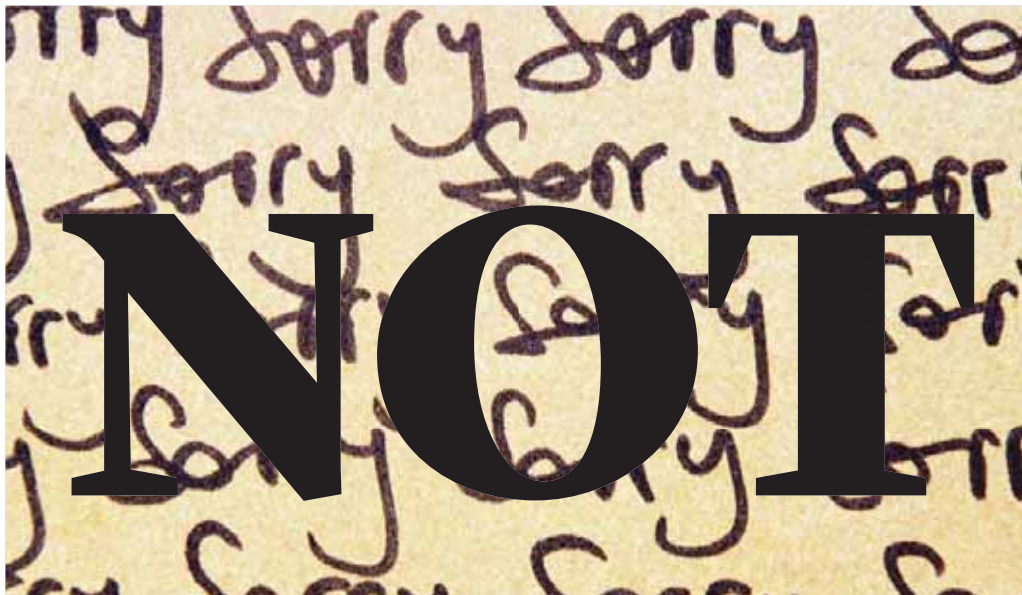
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Selfish and loving it

Author Sarah Knight shares how ceasing to care can change your life

Here's a thought: what if you just quit that job you hate? Or said no to that next annoying baby shower? Or stopped pretending you like Taylor Swift?

Sarah Knight says it's possible. And it's tried and true by the writer herself. The Brooklyn-based author quit her all-consuming, six-figure New York City editing job in June and hasn't looked back. The big move was part of her journey to devote less time to people and things that annoy her.

"I stopped keeping track of my vacation days like a prisoner tallying her sentence in hash marks on the cell-block wall," she writes in *The Life-Changing Magic of Not Giving a F—: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do* (Little, Brown and Company \$20.49) a "practical parody" of Marie Kondo's bestseller of a similar name (*The Life-Changing*

Magic of Tidying Up).

Knight's Kondo strategy is the "mental decluttering" that she names the "NotSorry Method." Like Kondo, Knight says her tips could be life-changing: "once you begin implementing NotSorry, you'll never want or need to give an extraneous f— ever again."

Instead, you'll give them to people and things that make you happy. Here, Knight talks about her expletive-ridden self-help guide.

Let's talk about the phrase at the centre of it all. What does this mentality mean — to "not give a f—"?

We all understand the colloquial expression of "not giving a f—" to mean not caring about something. So if I'm like, "I don't give a f— about Taylor Swift," I don't care about Taylor Swift. I don't want to talk about Taylor

Swift. I don't want to listen to Taylor Swift. I don't want to click on articles about Taylor Swift. But what I am saying in my book is to quantify your f—s in terms of time, energy or money — sometimes two of those, sometimes all three — and literally do not give your f—s to things that you don't care about, to things that annoy you.

I love the subtitle: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do.

I'm glad, because as a publishing professional, I've spent so many years being told "negativity doesn't sell" and "don't be negative." I didn't get any pushback from my publishing team, but I had these little publishers on my shoulder whispering into my ear, "You

should try to make it more positive," and I was like, no, this is the point.

There's a key difference between "not giving a f—" and being an a—hole. How do you make sure you're on the right side of that line?

I really advocate for a combination of honesty and politeness. I think that a lot of people never get to that point because they're so consumed with guilt and obligation.

Maybe somebody might say that's selfish, that you should go to that baby shower because that's your friend. But if you turn it around, do you want your friends to do things for you that you know they don't want to be doing? I think if the answer is yes, you're an a—hole. The answer should be no.

What's your advice for someone in that situation? Do you say "I can't make it?" That's sort of a lie in a way.

I talk in the book about the sliding scale of honesty. If you don't want to go to something because you don't like that person's husband and you say "I don't want to come to your party because I don't like your husband." Well, that's very honest, but it's also very rude.

The whole "NotSorry Method" is about taking levels of honesty and politeness and sliding them around on the scale like at the doctor's office when they have to move the little thing around to figure out how much you weigh. You want to find that perfect balance of honesty and politeness.

Sometimes a little fibbing is necessary. You can just say, "So sorry can't make it, have fun."



You don't have to invent a whole excuse that's like, "I can't make it because we're going to be in Philadelphia for this thing," and then you have to police your social media and make sure nobody checks you in at this place at this time. Just "I'm so sorry, I can't make it" — it's true.

TORSTAR NEWS SERVICE

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RUNNING

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That fear is one of many that keeps some runners from getting outside in winter as well as fear of slipping and fear of frostbite. But you can run all winter long, no matter how far the mercury slips below zero.

Most people will be just fine — as long as they keep moving, seasoned winter runners say.

Ask ultra-marathon runner Katherine Yager. She ran 1,000 kilometres between December and March last year training for a spring "50-miler" or 80-km race in Haliburton, Ont.

She covered 22 km on the treadmill. For the rest, Yager faced the polar vortex. Her nose ran uncontrollably and her eyelashes froze together.

"I don't think any cold is too cold," she said. It's uncomfortable, sure, and she worried about frostbite, but it was road conditions that drove her inside: ice increased the risk of a slip and fall and the odd blizzard made it hard to see.

Yager, 26, dresses strategically, arranges her longer runs for milder days, fills her bottle with warm water and tries to head out during the meagre hours of winter sunlight.

"I find it really rewarding in the winter to know I've spent all this time outside and people



Keep moving and you'll generate enough heat to stay warm. THE ASSOCIATED PRESS FILE

spend all day inside," she said. "We live here and winter is a part of that. I like being able to run outside all year round."

If you keep running, you will continue to generate enough body heat to stay safe, said Matthew Cramer, a post-doctoral fellow at the Institute for Exercise

and Environmental Medicine at the Texas Health Presbyterian Hospital. Cramer, from Toronto, did his doctorate at the University of Ottawa and studies the interaction between endurance and temperature.

In the two decades that Burlington, Ont. has hosted the

Chilly Half Marathon, in early March, it's never been cancelled because of inclement weather, said race director Kelly Arnott. Five of those years have brought extreme cold or storms, but 3,500 runners are expected on March 6, 2016.

No one suffered hypothermia

during the event, as far as Arnott knows. However, finishing times might be slower.

That cough and shortness of breath some people experience when they exert themselves in the cold is known as exercise-induced bronchoconstriction, and has more to do with winter's

dry air than the temperature, no matter how cold.

Less blood may be diverted to the skin to conserve heat. Exposed fingers might experience the "hunting response," which is an occasional resupply of warm blood to cold extremities; though frostbite can also happen with prolonged exposure to the cold.

Run all the way to your front door: as soon as you slow down, a combination of sweat evaporation, a drop in heat generation and wet clothes will make you feel even colder. Overdressing and thus overheating can cause the same problem, so choose your winter workout gear with care.

It's also a myth that you always lose the most heat through the head. What is not covered will lose heat. But the ears and nose have a higher risk of frostbite than some other parts of the body because they are far from moving muscles that generate warmth.

Despite predictions of an upcoming winter more mild than miserable, even the most dedicated runners need added protection from the wind and snow.

"People underestimate their ability to handle the cold when they're running," said Mike Anderson, co-owner of Toronto's retail store and training hub Black Toe Running. "One of the most common things we hear is that people are scared to run in the cold ... But running in winter is actually extremely enjoyable."

That is, if you're dressed for it. Run with a friend and bring a TTC token or some cash just in case. **TORSTAR NEWS SERVICE**

LAYERS

Runners will often remember a thermal base layer or windbreaker, but sometimes forget about the legs, said Mike Anderson, who sells "bun warmer" shorts and thermal boxer briefs worn underneath running tights at Black Toe Running. Layers of technical material or thin merino wool make more sense than feather down, which can actually be too warm, he said. A running jacket's primary purpose is wind protection and should have good ventilation, and it's a good idea to start out cool and warm up with effort. Don't wear a regular winter jacket — you will overheat and when sweat dries, it could freeze.



Sugoi MidZero Bun Toaster shorts

VISIBILITY

Jackets that glow in the dark, shoes and socks with reflective patterns, brightly coloured vests: anything that helps drivers see runners, especially at night, is recommended. You can also buy tiny flashing lights that attach to outerwear to alert drivers and others. "When it gets cold, people who aren't running, who are in cars, forget there are people crazy enough to run in that weather," Anderson said.



Fuel LED Armband



UA Layered Up Beanie

TOUCHSCREEN GLOVES

"Technology in running apparel has really advanced over the past couple of years," he said. Runners can use their phones to update their running apps or take a photo — or Uber an escape — without having to remove their gloves.

For very cold days, mittens will keep hands toastier than gloves, but some can be converted back to gloves after a warm-up.



MEC Deploy Run Gloves

FOOTWEAR

The uneven terrain of snow and ice can actually strengthen a runner's leg muscles, but it can also wear them down.

"People are more prone to overuse injuries in winter than they are in the summer," Anderson said. Many runners wear compression stockings to improve circulation and stability, and some wear trail shoes or Yaktrax, a slip-on traction device worn over the shoe. Also try to avoid slush puddles, because no shoe is really waterproof.



Nike Air Zoom Pegasus 32 Flash

Bridgedale Merino Fusion Vertige Socks

GOGGLES

Some websites recommend ski goggles and some runners swear by their polarized lenses on those cold, sunny days when the snow is blinding, even if it looks goofy.

"I'll just say we do not carry goggles," Anderson said, laughing. "But more power to them for getting out there."

Others wear sport sunglasses, which look a little more reasonable. You can wear a balaclava to keep your face warm.

Oakley Radar Path Photochromic glasses





The growth of vaping subculture is creating new ways of talking about e-cigarette use. ISTOCK

Come to terms with vaping

LEARN THE LANGUAGE

Cut through haze of e-cig slang with this handy glossary

The subculture revolving around the use of e-cigarettes, or “vaping,” has grown rapidly in both the United States and Canada, replete with a range of unique terms.

The following are some commonly used words and phrases in the vaping world.

ADV

“All day vaping” — many like to vape continuously throughout the day and will typically seek a milder flavour of e-juice — the liquid from which inhalable vapour is produced — usually steering away from exotic blends.

Cloud chasing

A competition to see who can produce the largest vapour puffs. Cloud-chasers prefer larger amounts of vapour per drag and blow rings into the air.

Coil

The metal heating element in an e-cigarette that produces vapour from e-juices. Different designs and heating speeds can affect the strength of a drag off an e-cigarette. Coils are usually cleaned every couple of days.

PG/VG ratio

A measure of the vapour-vs-flavour balance in e-juice. It refers to the ratio of two major ingredients, propylene glycol and vegetable glycerin. More VG produces thicker clouds of vapour, but will dampen the flavour.

CREAMY
Creamy e-juices are more redolent with non-fruit flavours such as peanut, custard, coffee and chocolate.

Stealth vaping

The opposite of a cloud-chaser — stealth vapers seek smaller volumes of vapour for more discreet vaping in settings such as the office or a restaurant.

Throat hit

Refers to the intensity of a vaping hit. A good throat hit is analogous to that of a strong cigarette and can be affected by nicotine levels.

Vape on

An oft-uttered rallying cry for vaping enthusiasts. AFP

MINDFULNESS

Meditation can help you achieve your resolutions, whatever they are

New Year's resolutions can be all over the map. Maybe you're making small tweaks, like trying to work out more or eat healthier. Or maybe you're striving for big changes — quitting smoking or losing weight. Whatever your resolutions for 2016, mindfulness experts say this popular meditation strategy can help you stay on track and realize your goals.

What is mindfulness?

With its roots in Buddhist meditation traditions, mindfulness is a mental state that's achieved by focusing your thoughts on the present. That sort of focus means you're conscious of your feelings and bodily sensations, and not just living your life on autopilot.

“Are you really tasting the strawberries, or are you just shovelling them in your mouth? If you're talking to a friend, are you paying attention to all the non-verbal cues?” says Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto.

Focus on the positive

When it comes to New Year's resolutions, mindfulness strategies can help you shift your



If you want to give up a bad habit, pay attention to your emotions, a psychologist says. TORSTAR NEWS SERVICE

focus. Say you want to butt out for good. Sure, you're losing the pleasure of nicotine, but Kelly says practicing mindfulness can help you focus on what you're gaining instead.

“It's important to think about what about this will be positive or rewarding for me. I'll enjoy not having the smell of cigarettes on my clothing, I'll enjoy sharing with my friends that I've made this change,” he says. By being aware of the positive gain, you're shifting your mind towards success.

Practice urge-surfing

If you're trying to give up a bad habit — constant snacking, or regularly creeping your ex on

Facebook — you should try “urge-surfing,” says psychologist Jonathan Kaplan, director of the SoHo CBT + Mindfulness Center. That means paying attention to your emotions, and the internal and external conditions fuelling your decisions.

With emotional eating, for example, it's easy to reach for the nearest bag of chips because you're acting on autopilot, Kaplan says, rather than paying attention to your feelings and motivations for eating in the first place. “If we don't give into that urge, it'll subside,” he says. “We just have to ride or surf it out.”

Start actually meditating

You can apply mindfulness principles in your life, but actually practicing meditation can be the best way to overhaul how you think on a regular basis. Formal meditation starts building our ability to sustain our attention for longer periods of time, and “cultivating that attitude of acceptance,” says Kaplan. But that doesn't mean you need to sit in a lotus pose for half an hour — even just a few minutes at a time can help you get on track.

TORSTAR NEWS SERVICE

Paula Domestic Medium Hair

Two-year-old Paula may seem a bit aloof but it is worth spending some time with her. Despite her matter-of-fact air, she won't say no to being petted. Her big round purr can be awakened with the persuasive power of ear and cheek scratches. Paula has a loving personality and may eventually roll over to let you pet her tummy, which is a true sign of a trusting feline. Although, we don't know her background, she shows all the signs of being a loyal companion and a serious snuggler. **Please visit Paula today.**



For more information on Paula and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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+ FITNESS TRENDS

Work out like the stars

A roundup of celebrity-loved workouts that are set to become even bigger in 2016 includes:

Ballet

Thanks to Victoria's Secret Angels putting their runway-ready bodies down to barre classes, 2015 saw ballet-inspired workouts replacing yoga and Pilates class, but 2016 will see what could have been a passing fad develop into a serious fitness trend.

Ballet devotees include Gigi Hadid and Victoria's Secret Angel Lily Aldridge.

Boxing

Many of the Victoria's Secret Angels also maintain their high fitness levels and sculpted bodies with boxing. Longest-running Angel Adriana Lima has been a devotee for over 10 of her 16 years as an Angel. But it's not just models who will help the rise in 2016 of boxing's popularity. Holly Holm, who recently

beat high-profile Ultimate Fighting Championship (UFC) fighter Ronda Rousey, is an ex-professional boxer.

TRX

Developed by an elite Navy SEAL commando, TRX uses just one piece of equipment, the TRX Suspension Trainer, which enables you to practice over 300 exercises. Jennifer Lopez, Gisele Bündchen, and Gwen Stefani, are all rumoured celebrity fans. AFP

GOSSIP BRIEFS

Leo's single again

Leonardo DiCaprio has reportedly called it quits with Sports Illustrated model Kelly Rohrbach after about six months of dating. "They've been broken up for over a month," a source tells *Us Weekly*. "It was mutual. They both have intense work schedules and a lot going on in their lives."

Looks like Hollywood's reigning bachelor is back to his old ways. NED EHRBAR/METRO HOLLYWOOD

Pregnancy rumours

Gwen Stefani and Blake Shelton have hit another milestone in their celeb romance: the unsubstantiated pregnancy rumour. *Star* magazine reports that Stefani and Shelton spent the holidays with a bit of extra cheer due to a supposed bun in Gwen's oven just a few months into their relationship. But just because they could be expecting, doesn't mean they'll be tying the knot. "Gwen is hoping for a wedding, but Blake's not ready," a source warns. One milestone at a time, right?

NED EHRBAR/METRO HOLLYWOOD

Emerging filmmaker gives Netflix public shaming

Filmmaker Xavier Dolan is none too pleased with the way Netflix is handling his acclaimed film, *Mommy* — specifically how they've messed with the aspect ratio.

"Who has bestowed on you the right to revise my choices, and how competently have you pondered the impact of such decision both on my film and the public?" Dolan writes in an open letter to Netflix U.K. posted on his Twitter account.

"You did not direct this movie. You did not write this movie. You did not produce this movie. So can anyone or anything except me warrant the liberty you took upon my work? No."

He seems pretty upset. A Twitter response from a Netflix account representing the U.K. and Ireland thanked Dolan for alerting them and said only "we are looking into this" but chances are they're in shock from a filmmaker having guts to publicly say anything bad about Netflix.

NED EHRBAR/METRO HOLLYWOOD

JOHANNA SCHNELLER WHAT I'M WATCHING

The rom-com gets depressed

THE SHOW: You're The Worst, Season 2, Episode 12 (FX Canada)

THE MOMENT: The Ultimatum

Sharp-tongued music promoter Gretchen (Aya Cash) lies stone still on a daybed, facing away from her boyfriend Jimmy (Chris Geere), a British expat novelist, with whom she lives in Los Angeles. She won't talk to him.

"Snap out of it!" Jimmy berates her. "Stop it stop it stop it. You're being dramatic and self-pitying and frankly, it's unbecoming."

If she keeps this up, he threatens, he's leaving. With another woman. His phone beeps. It's a text from Gretchen.

"Leave the door unlocked," he reads aloud. "I may want to order food later."

Throughout Season 1 these two cynics, who reject romance, found themselves falling for each other. Each episode posed a relationship test: Should I spend the night? Should we admit we're dating? Should we be exclusive? To their astonishment, they kept passing. But at the beginning of this season, they ran smack into a truly serious



You're The Worst creator Stephen Falk is trying to deepen the rom-com genre but he isn't pulling it off with a plotline involving character Gretchen's bout of depression. BYRON COHEN/FX

problem: Gretchen suffers from depression, and it's pulling her down again. Jimmy can't, or doesn't want to, help her. All fun screeched to a halt.

Series creator Stephen Falk is obviously trying to deepen the rom-com genre, and I admire

him for that. As disconcerting as it is when your hilarious friend suddenly gets serious, comedy can and should go to uncomfortable places. But that's not the problem here. The problem is, Falk hasn't pulled it off.

It's great that he treats the

disease seriously. But he's gone down a rabbit hole, and I don't see how he can snap out of it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

QUIZ

Can you speak self-entitled? Who said it: Schitt's or Smiths

Which self-entitled sibling duo dropped these outrageous lines: Schitt's Creek's Alexis and David Rose, or Willow and Jaden Smith?

On CBC sitcom *Schitt's Creek*, David and Alexis Rose

(Dan Levy and Annie Murphy) are extravagantly spoiled, fashion-tastic millennial siblings, exiled to a small town where bottle service is what they call that other line at the Beer Store.

As the younger Roses quip their way through a life less fabulous, their lines echo another pair of extravagantly spoiled, fashion-tastic millennial siblings: Jaden and Willow Smith, children of actors Will Smith and Jada Pinkett Smith. Do you speak self-entitled?

Before *Schitt's Creek's* second season debuts on CBC on Jan. 12, try to guess whether these doozies were spouted by the Smiths or the Roses.

1. "I could not be more at one with nature. I do Coachella every year."

2. "There're no novels that I like to read so I write my own novels, and then I read them again, and it's the best thing."

3. "I don't want to be written off as some gorgeous airhead."

4. "I went to school for one year. It was the best experience but the worst experience. The best experience because I was, like, 'Oh, now I know why kids are so depressed.' But it was the worst experience because I was depressed."

5. "I'm trying very hard not

to connect with people right now."

6. "I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo."

7. "I could literally climb a mountain and survive a couple nights in nature. That's a requirement for my clothes because one day I was on the freeway and I saw a mountain, so I literally just pulled over and climbed it."

8. "I miss being surrounded by loose acquaintances who

think I'm funny and smart and charming."

9. "I just have a different kind of relationship with my friends where we don't have to be in constant contact with each other."

10. "The world is like a pimple, everything is about to explode and release the truth onto everyone's patios."

TORSTAR NEWS SERVICE



ANSWERS

10. Willow Smith
9. David Rose
8. Alexis Rose
7. Willow Smith
6. Jaden Smith
5. David Rose
4. Willow Smith
3. Alexis Rose
2. Willow Smith
1. David Rose



"We wanted it more": Russian coach Valeri Bragin didn't mince words when asked what the difference was between his team and the U.S.

Matthews 'is the real deal'

WORLD JUNIORS

Cream of 2016 draft crop impressing pro scouts

Jesse Puljujarvi and Patrik Laine have one thing Auston Matthews does not: a shot at a gold medal at the world junior hockey championship.

Puljujarvi and Laine have joined the conversation as possible top picks in June's NHL draft in large part because of their contribution on the first line on Team Finland, which plays Russia on Tuesday for the gold medal.

Matthews, however, remains a no-brainer for the first pick overall even though the Americans will face Sweden — and another draft eligible, Alexander Nylander — for the bronze.

"Matthews has shown throughout the tournament he is a franchise player," said Mark Seidel, chief scout for the North American Scouting Service, an independent service. "He has been the guy that every team game plans against and still been phenomenal."

"Some will suggest guys like Puljujarvi and Laine have gotten into the conversation for No. 1, but don't believe it."

Every year, the world junior tournament has a handful of important undrafted players. But this year, it's a bonanza for scouts, especially for teams that might be picking in the top five, especially since those five might still be playing.



Auston Matthews missed the age cutoff for the 2015 NHL draft by two days. SEAN KILPATRICK/THE CANADIAN PRESS



He plays the game at full speed all the time.

U.S. coach Ron Wilson on Auston Matthews

Matthews has been the focus of attention since last year's world juniors. Because his birthday is Sept. 17, he just missed last June's draft cutoff for players — they must be 18 by Sept. 15. Many believe he'd have been a top-three pick last year along with Connor McDavid and Jack

Eichel.

"(Matthews) is the real deal," said Dan Marr, chief scout for NHL Central Scouting. "This kid only has an on-switch. He's even hard to play against in practice. He'd have been in the mix with Eichel and McDavid."

Matthews, however, ran into a bit of a brick wall against the Russians, a team of older players.

"I thought we really clicked well and as a team we played unbelievable as well," he said. "We gave 110 per cent and obviously, like I said, it's a tough pill to swallow with losing in the semifinals." TORSTAR NEWS SERVICE

TOP-TIER TALENT

Finland's Jesse Puljujarvi, pictured, leads the tournament with 15 points. His teammate Patrik Laine and Auston Matthews of the U.S. are tied for third with 11 points, though Matthews' seven goals leads the tournament.

GETTY IMAGES



SEMIFINALS

Russia eliminates U.S. for third straight year

Yegor Korshkov had the eventual winner and added an assist as Russia advanced to the final of the world junior hockey championship with a 2-1 victory over the United States on Monday.

Russia will face host Finland in the tournament's gold-medal game on Tuesday.

Pavel Kraskovski also scored for Russia and Ilya Samsonov made 26 saves for the win.

Christian Dvorak scored for the United States, which will face Sweden on Tuesday afternoon in the bronze-medal game.

The Russians ousted the U.S. in the tournament for the third straight year.

Finland earns chance to win gold on home ice

Antti Kalapudas scored the winning goal Monday as host Finland advanced to the final of the world junior hockey championship with a 2-1 win over archrival Sweden.

Kalapudas scored on a second-period power play to send Finland to its second championship final in three years. The Finns beat host Sweden 3-2 in the 2014 gold-medal game.

Roope Hintz also scored for Finland. Rasmus Asplund had the lone goal for Sweden.

Kaapo Kahkonen made 21 saves for the win.

THE CANADIAN PRESS



Halifax native Matthew Welsh is expected to start for the Charlottetown Islanders on Tuesday night. TC MEDIA

QMJHL

Goaltender coming home to face Herd

The last time Matthew Welsh played at the Scotiabank Centre he was in novice and the building was called the Metro Centre.

The Charlottetown Islanders goalie gets the start Tuesday night in Halifax against a Mooseheads team he grew up watching.

"It's pretty exciting," the Halifax native said before Monday's practice. "A lot of friends and family are going to watch the game, I think."

The 16-year-old QMJHL rookie said he is not feeling any extra pressure.

MATTHEW WELSH

Who: A 16-year-old Halifax native, who is in his first season with the Charlottetown Islanders.

SEASON STATISTICS				
GP	W	L	GAA	SV%
16	6	10	3.23	.907

"(As) the away team you're just looking to go in and steal two points," he said. "I think I will go in with the same mindset as every other game."

Welsh has played the bulk of the games in the Islanders crease since fellow Haligonian

Mason McDonald left to be part of Canada's world junior team in Finland in December.

Welsh went 3-4 with 2.94 goals-against average and a .914 save percentage since Dec. 11.

"It's been a great experience. I've enjoyed every minute of

it," he said. "I'm at a stage now where I feel comfortable going into the net every night."

McDonald is back in Nova Scotia but is not expected to play for the Islanders until Friday, as he rests after travelling back from Finland.

Charlottetown (15-20-2-2) defeated Halifax (13-20-5-1) 6-5 in overtime on Sunday in Charlottetown, but almost let points slip away. The Islanders held 3-0, 4-1 and 5-2 leads, but Halifax scored three goals in the final 7:35 to force OT.

CHARLOTTETOWN GUARDIAN

SOCCER

Benitez axed as Real make Zidane the man

Real Madrid fired coach Rafa Benitez after only seven months on Monday and replaced him with its former star player Zinedine Zidane.

Club president Florentino Perez announced the decision at the Santiago Bernabeu stadium on Monday, a day after Madrid's 2-2 draw at Valencia deepened a crisis that started with an embarrassing 4-0 home loss to rival Barcelona in November.

"We have to do our best so that the team is able to win something," said Zidane. "I'm going to put all my heart into Real Madrid." Madrid has won seven of nine matches since the demoralizing defeat to Barcelona but fans continued to

demand the departure of Benitez, whose Liverpool side won the Champions League in 2005.

Real Madrid is third in the Spanish league, four points behind leader Atletico Madrid and two behind Barcelona, which has a game in hand. France soccer great Zidane, who was Carlo Ancelotti's assistant in 2014 when Real Madrid won the Champions League, has been coaching Madrid's "B" team in the third division.

Zidane was at the Bernabeu with his wife and four kids.

"I'm more emotional now than when I signed as a player," said Zidane, who ended his career at Madrid in 2006.

THE ASSOCIATED PRESS

“I’m going to put all my heart into Madrid.”

Zinedine Zidane

NBA

Jordan has sights set on Wilt’s record

Wilt Chamberlain, your record is in jeopardy. No, not the 100-point one.

DeAndre Jordan of the Los Angeles Clippers — who has made 25 of his last 28 shots from the field — very quietly made a run at Chamberlain's shooting-percentage record last season and is doing it again.

Jordan has made 149 of his 205 shots this season, putting him just a hair behind the league's all-time mark in that department. Cham-

berlain holds the record, set in the 1972-73 season.

How close is Jordan to the mark? He's at 72.683 per cent. Chamberlain's record is 72.696 per cent. If Jordan makes his next shot, he would be on pace to supplant Chamberlain on top of that list. And he's been a huge

key to the Clippers' current six-game winning streak, all while star forward Blake Griffin has been out with a partially torn left quad tendon.

THE ASSOCIATED PRESS



Wilt Chamberlain, right, and DeAndre Jordan. GETTY IMAGES

IN BRIEF

Williams withdraws from Hopman Cup with injury

Serena Williams withdrew from her opening match at the Hopman Cup on Monday because of inflammation in her left knee, an early setback in her preparations for an Australian Open title defence.

The top-ranked Williams practiced ahead of her scheduled season-opener against Elina Svitolina of Ukraine in the international mixed-team competition at Perth Arena, but withdrew from the match and was replaced by Vicky Duval.

THE ASSOCIATED PRESS

Clemson coach 'optimistic' Lawson will play title game

Dabo Swinney, the Clemson coach, says he is "very optimistic" All-American Shaq Lawson will play in the national college football title game against Alabama after the defensive end missed most of the Tigers' semifinal victory with a knee injury.

Lawson leads the Tigers (14-0) with 10-1/2 sacks and is tops in the country with 23-1/2 tackles for loss. The junior sprained his left knee in Clemson's 37-17 victory against Oklahoma on Thursday. THE ASSOCIATED PRESS

It's good to be wild in the post-season

NFL

Steelers, Chiefs and Seahawks all favoured to win on the road

It looks like it's a good year to be a wild card in the NFL playoffs.

The oddsmakers certainly think so, making Kansas City (3 points), Pittsburgh (2 1-2), and Seattle (5 1-2) favourites on the road in the opening round of the post-season. The only wild card that is an underdog is slumping Green Bay, and by only a point at Washington.

Those wise guys also have made the sixth-seeded Seahawks the third choice to win the NFC at 9-4, behind Arizona and Carolina, each at 2-1 odds. The AFC's sixth seed, the Steelers, also are the third choice behind division winners Denver and New England. As for the upcoming weekend, what they are thinking in Las Vegas is that none of the division winners — Redskins, Texans, Bengals or Vikings — is impressive.

Indeed, much of the talk the past few weeks around the league was about which opponent was a must to avoid, with the Seahawks, Chiefs and Steelers the front-runners in that race.

The Chiefs have done what's necessary in 10 straight games for one of the great turnarounds in NFL history. The Chiefs rank first in the AFC with a plus-14 turnover margin. The defence is formidable and might get back its best player,



The Seahawks will be confident going into Sunday's clash in Minnesota having torched the Vikings 38-7 in Minneapolis on Dec. 6. HANNAH FOSLIEN/GETTY IMAGES

linebacker Justin Houston (knee). They're 5-3 on the road and already have won at the Texans, in the season opener, when KC wasn't nearly so strong.

Although Pittsburgh stumbled badly in Week 16 with its loss at the Ravens, it got another chance when the moment proved too big for the Jets in Buffalo. Considering how the Steelers can ring up points on anyone, plus their strong post-season pedigree with leaders such as Ben Roethlisberg-

er, Heath Miller, Cam Heyward, revitalized James Harrison and coach Mike Tomlin, the Bengals can't be thrilled with Saturday night's matchup.

3

Number of teams — Patriots, Cardinals and Panthers — that are 9-2 co-favourites at the Westgate to hold the Lombardi Trophy aloft.

+ MATCHUPS

AFC: Kansas City (11-5) at Houston (9-7), Sat, 4:30 p.m. ET

AFC: Pittsburgh (10-6) at Cincinnati (12-4), Sat, 8:15 p.m. ET

NFC: Seattle (10-6) at Minnesota (11-5), Sun, 1 p.m. ET

NFC: Green Bay (10-6) at Washington (9-7), Sun, 4:30 p.m. ET

Considering how Minnesota has closed the schedule, winning three straight to grab the NFC North and also with a close defeat at Arizona before that, some might be surprised to see the Seahawks so heavily favoured. If so, those folks have forgotten the shellacking Seattle handed the Vikings in Minneapolis in early December.

For further emphasis, this is a more balanced Seahawks team than the squads that reached the past two Super Bowls. Its defence might not be quite as dynamic, but its offence is vastly superior

to 2013 and '14. And there is this: Seattle fears no one.

"I think people can sometimes forget who we are," star cornerback Richard Sherman said. Only the Packers among the wild cards don't seem fear-some, mainly because their offence has frozen. Yet they play the perceived weakest of the division champions, so no one is counting out Aaron Rodgers and company. Also the Redskins (9-7) didn't beat a team that finished with a winning record.

THE ASSOCIATED PRESS

BRONCOS

QB dilemma faces Kubiak for playoffs

Gary Kubiak isn't ready to say who his starting quarterback is for the playoffs. Choosing between Peyton Manning and Brock Osweiler, though, is a nice problem for him to have. "I would say it's enjoyable because of where we're at," Kubiak said Monday. That would be atop the AFC playoff bracket.

The Broncos (12-4) host a divisional round game Jan. 17. They avoided slipping into the wild-card round when Manning rallied the Broncos to a 27-20 win

“There’s always going to be tough decisions to make.”
Broncos' coach Gary Kubiak

over San Diego on Sunday in his first relief appearance in 21 years, three months and 11 days.

"There's always going to be tough decisions to make," Kubiak said. THE ASSOCIATED PRESS

GIANTS

Coughlin walks away after 12 years

With the New York Giants facing a difficult decision on his coaching future after four straight years out of the playoffs, Tom Coughlin walked away gracefully, doing what was best for him.

The Giants gave him 12 years to run one of the NFL's flagship organizations. He delivered two Super Bowls and restored the franchise to the league's elite for a while. It was mutually beneficial, and so was the departure Monday when the 69-year-old Coughlin resigned rather than

force co-owners John Mara and Steve Tisch to fire him.

The Giants announced the decision one day after the Giants (6-10) capped their third straight losing season with a 35-30 defeat against Philadelphia, their third in a row and sixth in seven games. "I met with (owners) John Mara and Steve Tisch this afternoon, and I informed them that it is in the best interest of the organization that I step down as head coach," Coughlin said in a statement. THE ASSOCIATED PRESS

RECIPE Baked Eggs with Mushrooms



PHOTO: MAMA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

This light yet comforting dinner is perfect for a night when you get home late feeling like you can't possibly cook.

Ready in
Prep time: 20 minutes
Serves 2

Ingredients

- 2 Tbsp butter
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- 3/4 tsp fresh thyme (may be 1/2 tsp if you're using dried)
- 1/2 cup Fontina cheese, grated
- 2 eggs
- Salt and pepper to taste

Directions

1. Preheat the oven to 400 F.
2. In a small-ish, oven-safe pan, melt your butter over medium heat. Add the garlic, mushrooms and thyme. Allow the mushrooms to soften for about 3 minutes.
3. Sprinkle the grated cheese evenly across the mushrooms.
4. Now crack the eggs, side by side, over all of it. Slide the pan right into a hot oven. Ten minutes will give you firm whites and slightly runny yolks. Eggs are a very personal business so keep an eye on them!
5. Serve with warm, buttered toast.

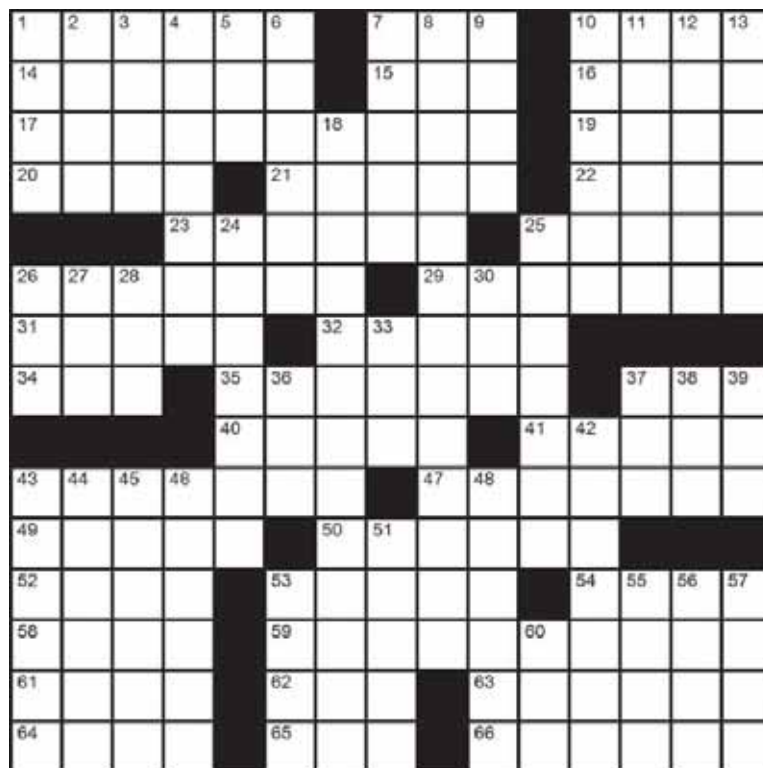
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Brains
7. Printer resolution meas.
10. Apple variety
14. Coffee style: 2 mots
15. Alphabetical, e.g.
16. "Z" (1969) star Mr. Montand
17. Family member who dies of a stroke in *The Grapes of Wrath*: 2 wds.
19. Rat rivals
20. Bypass
21. Tenor role in 1892 opera *Pagliacci*
22. Big name in shoes
23. More grey
25. Actress Kathy
26. Swimming gear
29. CGI = Computer-generated _
31. _ Scialfa (Bruce Springsteen's wife)
32. Gardeners, at times
34. St. John's International Airport code
35. Suggest
37. Stallion's snack
40. Sulky
41. "Cheers" role
43. Parking penalties
47. Belonging to Canadian actor James Doohan's character on "Star Trek"
49. Broadcasting: 2 wds.
50. Department store of yore



52. Not is
53. Mary _ (William Shakespeare's mom)
54. Russian car
58. Swag
59. Trivial Pursuit, and others: 2 wds.
61. Fashion magazine

62. Pre-AD years
63. Federal government centre
64. Jerry's showbiz partner
65. Mythological beatified spirit
66. Canadian hockey great Cam's surnamesakes

DOWN

1. Droops
2. Gloom
3. Jai _
4. Protective wall or embankment
5. Hint
6. Charlie Chaplin grew/wore one, informally

7. "Lorna _" (1951)
8. Ontario band that makes one think of another part of the country: 2 wds.
9. Oliver! song: " _ Anything"
10. Athlete's stuff-carrier: 2 wds.
11. Fly
12. Dr. in "The Silence of the Lambs" (1991)
13. Similarly not difficult: 2 wds.
18. Elvis Presley movie: 2 wds.
24. Doll sister of Barbie
25. Having been the inspiration, as per movies: 2 wds.
26. Have the drone do a looksee
27. Refuser's ritzy response
28. Baseball great Mel
30. _ Fields (Brand of cookies)
33. Decide
36. Decompose
37. Old _ (Not in style)
38. " _ takers?"
39. Thumbs-up
42. 1959 Ricky Nelson hit: 2 wds.
43. Slogged away
44. Footwear accessory
45. Prairies-grown oilseed crop
46. _ heels (Retro style shoes)
48. Mike _
- Montreal Canadiens goalie
51. Recipe's salt amount: 2 wds.
53. "Waterloo" band
55. Mrs. George Clooney
56. Damp
57. Botanist Mr. Gray's
60. Bell Atlantic + _ _ = Verizon

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Little things will seem less important. But where money matters are concerned be careful you don't let things slide — the line between making a profit and making a loss is not as wide as you seem to imagine.

Taurus April 21 - May 21
Your confidence will soar. You will believe in yourself with every fiber of your being and that belief will make the impossible possible. Don't expect loved ones and colleagues to always be on the same level though.

Gemini May 22 - June 21
Things may look a little gloomy. You won't find it so easy to reach out to the world but that's okay. Try looking in at yourself for a change.

Cancer June 22 - July 23
Someone new will come into your life. Whether or not the friendship stands the test of time remains to be seen but even if it is short-lived it will give you an emotional lift and help restore your faith in people.

Leo July 24 - Aug. 23
You'll attract the attention of some important people. If you play your cards right you might soon be a VIP. The cream always rises to the top.

Virgo Aug. 24 - Sept. 23
Life is good and about to get better. No, really. Even with Mercury, your ruling planet, beginning one of its retrograde phases today you can't help but be more open, outgoing and optimistic.

Libra Sept. 24 - Oct. 23
You'll get the chance to make some serious money, but you could also lose money if you get carried away and start thinking you can't fail. Is there a hidden catch? There may be.

Scorpio Oct. 24 - Nov. 22
No one is immune to your charms. You know exactly what words to use to win others over and you know that even if they resist it is only a matter of time before they give you what it is you desire. You're unstoppable.

Sagittarius Nov. 23 - Dec. 21
Make your routine less exhausting. Find ways to get colleagues to shoulder more. Just because you can do most tasks better than them does not mean you should do everything.

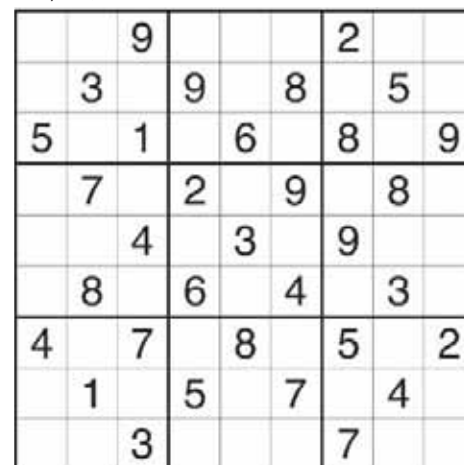
Capricorn Dec. 22 - Jan. 20
This should be one of the most enjoyable times of the year — the only thing that can spoil it is self-doubt. Ignore the voice in your head that says you're out of your league. You're in a league of your own!

Aquarius Jan. 21 - Feb. 19
Let loved ones know what you think of them today, even though it may be less than flattering. Don't worry that you might hurt their feelings. The truth is important.

Pisces Feb. 20 - March 20
You don't care in the slightest what others think — go out of your way to shock today. Life is too short to waste time wondering if others approve of your words and actions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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